

LA ESSAY- This I believe

“We tend to forget that happiness does not come as a result of getting something we don’t have, but rather of recognizing and appreciating what we do have.” –Frederick Keonig

To some people, life is black and white; white to others, life is a beautiful kaleidoscope of colours. But, just as the old saying “Beauty lies in the eyes of the beholders”, people have their own ways of perceiving life.

Sometimes, when we lie on our beds, thinking why things aren’t better, remember they could have been a lot worse.

Living in a safe and beautiful city like Singapore, I do not have to worry about food and clothing, I receive good education and I have trustworthy friends around me. Though I am not born in a wealthy country, at least I have a roof over my head.

However, I felt that I was never satisfied with things I have. A lot of times, I complained about the food served in the hawker centers, the amount of homework I have to complete, the hygiene of the public toilets and everything that do not meet my standards.

But sometimes, I do ponder, have I spared a thought for people living in the undeveloped countries? How about those who are born with physical disabilities?

I used to have an inferiority complex about my height, and I always envy friends who are tall. My parents used to tell me that I should not get upset over such thing, but I never really understood what they meant back then.

Recently, I went to a near-by community club to help out for the fund-raising event organized by church to help the unfortunates. A girl sitting at the corner of the room caught my attention. She sat on a wheeled chair, legless, doing art-craft with only one hand.

After having a chat with her, I learnt that she had met with a car accident two years ago, and after she regained her conscience from a coma, she was left with only one arm.

“Have you ever complained about all these things that had happened to you?”

“Yes, I had attempted to commit suicide to end my life, but I don’t feel sad at all now, I’m happy with everything I have.” She ended every sentence with a bright smile on her face.

At that moment, I felt a gnawing pain from my heart, I felt so ashamed of myself.

After all, life can be simple, depend on the way we view reality. All of us see things in our own ways; we all believe in certain things and have our own expectations for life.

However, I realized that whenever I encountered any problems, I should not start complaining and focus on only the negatives.

Instead, I should believe that there are always many sides to the stories, there is always more than one way to look at any situation. I should learn to look at things from different perspectives, be grateful and appreciate what I have.